

October is “GET READY” Month: Disaster Preparedness for Families

Earthquakes, droughts, floods, and storms are natural hazards, but unnatural disasters that result from human acts of omission and commission can also occur. Individuals and governments work at many different levels to prevent disasters and to minimize damage should they occur. Preparation to deal with and survive through the first few days of a major disaster is important for every family in California. Please take time this month to stop, plan and prepare.

How to Prepare for an Emergency

Take some time to review the link below to examine what you can do to prepare.

- TheEpicenter.com: How to Prepare for an Emergency!
 - <http://theepicenter.com/howto.html>

Get a Kit, Make a Plan, Be Informed

- Emergency Preparedness and Response
 - <http://www.bt.cdc.gov/preparedness/>

Pregnancy and Disaster

- Centers for Disease Control and Prevention. Emergency Preparedness and Response. Information for Pregnant Women.
 - <http://www.bt.cdc.gov/preparedness/pregnant.asp>
- March of Dimes. Prepare for Disaster.
 - http://www.marchofdimes.com/Pregnancy/stayingsafe_disaster.html
- wikiHow. How to plan for an emergency if you are pregnant or have young children.
 - <http://www.wikihow.com/Plan-for-an-Emergency-if-You-Are-Pregnant-or-Have-Young-Children>
- Birth Faith. Emergency preparedness.
 - <http://birthfaith.org/do-it-yourself/emergency-preparedness>
- American College of Nurse Midwives. Giving Birth “In Place”: A Guide to Emergency Preparedness for Childbirth. Volume 49, No. 4, Suppl. 1, July/August 2004
 - http://www.midwife.org/siteFiles/education/giving_birth_in_place.pdf

Infants and Young Children

- Emergency Preparedness: Infant and Young Childcare and Feeding.
 - <http://www.cdph.ca.gov/healthinfo/healthyliving/childfamily/pages/emergencypreparednessinfantandyoungchildcareandfeeding.aspx>
- Breastfeeding is the First Line of Defense for Safe Infant Feeding During Emergencies.
 - <http://www.usbreastfeeding.org/newsinfo/newsroom/201108firstlineofdefense/tabid/211/default.aspx>